



ENVIRONMENTAL TOBACCO SMOKE (ETS) PROTOCOL CHECKLIST

August 26, 1998

For homes WITH ETS noted during baseline interview:

Visit Four

Assessment

- ☐ Determine who smokes in house. Review baseline interview information and ask if it is correct. Indicate in tracking system if there is a smoker in the home (a103).
- ☐ Determine situations in which child is exposed to smoke (in home, in car, etc.)
- ☐ If primary caregiver smokes, determine "stage of change" in relation to quitting.
- ☐ If others smoke, ask primary caregiver about their readiness to quit or avoid smoking in home.

Education

- ☐ Offer cessation advice to primary caregiver or anyone using tobacco in the home, at every visit (refer to protocol for details).
- ☐ Offer advice on how to minimize child's exposure to smoke:
 - ☐ When smoking in the home it takes only **15 minutes** for the tobacco smoke to reach every room in the house.
 - ☐ Smoke outside the home away from windows and doors to avoid smoke entering the home.
 - ☐ Suggest wearing a different garment, a "smoking jacket or shirt," that is only worn when outside the home smoking but keep this jacket outside the home as well.. When you are holding or cuddling a child, the child will inhale the tobacco smoke from clothing if the "smoking jacket" is not left outside.
 - ☐ Suggest washing hands after smoking..
 - ☐ Encourage no smoking in the car with or without the child in the vehicle.
- ☐ Offer appropriate treatment and assistance to smokers who are ready to quit or who have recently quit (see protocol). Assistance should be according to smoker's readiness to quit (stage of change).
- ☐ Set a quit date for those ready to quit soon. Enter quit date in tracking system. Call or visit within one week of quit date to see if client quit and how they are doing and to offer support and encouragement.

Supplies

- ☐ Pamphlet: ETS: Health effects on children with asthma
- ☐ Pamphlet: "One of the Best Things You Can Do for Your Kids"
- ☐ Pamphlet: Quitting smoking

Referrals

- ☐ Refer all smokers in house to Free and Clear smoking cessation program if ready to quit soon

Visits Five-Nine

Assessment

- ☐ Determine who is now smoking in house. Indicate in tracking system if there is a smoker in the home (a103).
- ☐ Determine situations in which child is exposed to smoke (in home, in car, etc.) and if client has made changes to minimize child's exposure to smoke.
- ☐ If primary caregiver smokes, determine "stage of change" in relation to quitting.
- ☐ If others smoke, ask primary caregiver about their readiness to quit or avoid smoking in home.

Education

- ☐ If client or others have quit, congratulate and offer support to prevent relapse.
- ☐ Offer cessation advice to primary caregiver or anyone using tobacco in the home, at every visit (refer to protocol for details).
- ☐ Repeat advice on how to minimize child's exposure to smoke if changes not yet made.
- ☐ Offer appropriate treatment and assistance to smokers who now ready to quit or who have recently quit (see protocol). Assistance should be according to smoker's readiness to quit (stage of change).
- ☐ Set a quit date for those now ready to quit soon. Enter quit date in tracking system. Call or visit within one week of quit date to see if client quit and how they are doing and to offer support and encouragement.

Supplies

- ☐ Ask if client needs more pamphlets or information.

Referrals

- ☐ Refer to Free and Clear smoking cessation program if now ready to quit soon

For Households WITHOUT Tobacco Smoke at Baseline



Visit Four: General Tobacco Smoke Education

Assessment

- ☐ Determine if anyone now smokes in house (refer to protocol for details). Indicate in tracking system if there is a smoker in the home (a103).

If no ETS present in household

Education

- ☐ Provide brief information on ETS in relation to asthma and other childhood health problems

Supplies

- ☐ Pamphlet: ETS: Health effects on children with asthma

Referrals

- ☐ None

If ETS is now present in household, begin ETS protocol as described above.